



Happy and Healthy for the Holidays

The holidays are upon us. That means a hectic season filled with family, food, parties, shopping and travel. For most of us, these are joyful time. But for some, the stress, hectic pace and overeating that go hand-in-hand with the season can steal that joy. In addition to following CDC guidance on preventing COVID, here are a few tips to keep your holidays healthy, happy and stress-free.

- **Wash your hands.** It's the best, most effective way to prevent the spread of germs.
- **Get flu shots.** Prepare now so you can avoid or minimize the effects of the flu.
- **Exercise.** Try to stick with your exercise routine as much as you can.
- **Party smart.** Never go to a party hungry. It may cause you to overeat.
- **Travel smart.** If your holiday plans include travel, be sure to eat right and stay hydrated to avoid getting sick.
- **Sleep.** Experts recommend at least seven hours a night.
- **Embrace family.** Cherish the time you spend with your loved ones.
- **Make New Year's resolutions.** Setting goals challenges us to aim for higher fulfillment and self-improvement. Give yourself something to look forward to next year.
- **Give yourself a break.** Follow the 80/20 rule. Do your best at least 80 percent of the time and you should make it through the holidays in good health, with plenty of energy to enjoy the season.

Here when you need us.

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